

Melt Fat, Build Muscle

DUMBBELL BLAST

Warm up with five minutes of light cardio, then repeat each three-exercise circuit three times. Start with 10 reps of each exercise, building up to 15 reps of each move as you get stronger. Start with five-pound dumbbells, and work up to heavier weights.

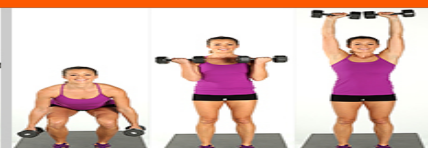
CIRCUIT 1



PLANK & ROTATE
15 REPS
ALT. SIDES



SINGLE-LEG SCARECROWS
15 REPS
EACH SIDE



SQUAT, CURL, & PRESS
15 REPS

CIRCUIT 2



LYING CHEST FLY
15 REPS

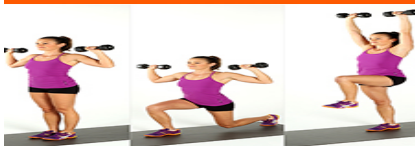


LYING OVERHEAD REACH
15 REPS



SEATED RUSSIAN TWIST
15 REPS
ALT. SIDES

CIRCUIT 3



REVERSE LUNGE & PRESS
15 REPS
EACH SIDE



PLANK & STRAIGHT-ARM KICKBACK
15 REPS
ALT. SIDES



WEIGHTED SQUAT
15 REPS

POPSUGAR